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High hopes for depressed

A U.K. researcher is conducting trials to see how effective magic mushrooms are for depression PAGE 4

MULLIGAN'S GREAT

REEL GUYS: ACTRESS CAPTIVATES AS DAISY IN BAZ LUHRMANN'S EYE-POPPING TAKE ON GATSBY PAGE 14

The biz side of Prairie fashion

Ashley Kasdorf, owner and designer of KAZZ Clothing, shows off her collection that will walk the runway on Friday night as an emerging designer line at Saskatchewan Fashion Week. ALYSSA MCDONALD/METRO

On, and off, the catwalk. Sask. Fashion Week about big money, as well as big fun

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Saskatchewan Fashion Week is more than just a way to experience new trends on the Prairies — it's a business opportunity for designers.

Designers send their collections to the runway for exposure, in hopes of enticing interest from buyers — those who can help them manufacture, market and distribute their lines across Canada and even internationally.

"I hope to obtain buyers for my collection because that is the ultimate goal — to expand my brand, and have those buyers in place so I can recoup my costs," said Ashley Kasdorf, Regina-based owner of the independent fashion label KAZZ Clothing.

Although Kasdorf has designed three collections, this is her first chance to show her work on a runway. KAZZ has been operational for one year and sells its wares locally at Coda Clothing and Uforia Muse, as well as online.

"I at least want to expand it in Saskatchewan," Kasdorf said, "and then hopefully Western Canada."

Luis Diaz, CEO and co-founder of Montreal-based online retailer The Fashion Society, has travelled to Regina for SFW — not only as a seller, but to find new talent.

"We have high hopes of looking to find somebody here — more than one. We've seen the growth since last year … (and) are very encouraged to see what they have," said Diaz, who will also host a designers workshop, called The Business of Fashion, at the Artful Dodger on Sunday.

The Fashion Society represents designers at stores across North America, and is basically a jump-start for getting designs into retail and for building a fashion brand.

"It's hard and expensive to travel to Atlanta, New York and L.A., and we are able to subsidize that for them and represent them," said Diaz.

"We let them do what they do best, which is design and make beautiful things."

NEWS 1

Ground and air

Search intensifies for missing Regina woman

Police have stepped up a search, by air and on the ground, for a Regina woman missing since late March. And they want homeowners in the city's northern districts to check their properties for signs of her as well.

Regina police are focusing their search for Kimberly Ann Cruickshank on the city's northern areas and outskirts. They'll also scour residents' backyards and out-buildings in some of those neighbourhoods.

"It will all be done with a purpose," Elizabeth Popowich, city police spokeswoman, said on Thursday of the probe's push toward Regina's fringes.

"We don't do things randomly, because outdoors is very large. It will be based on some aspect of the investigation that requires attention. What that is specifically, I wouldn't be able to say."

Cruickshank, 27, was last seen on March 23 at her home in east Regina. Her mother and sister travelled to Regina from their Toronto-area homes in April to put up posters, in hopes of finding her.

On Tuesday, city police teamed up with the Civil Air Search and Rescue Association in using an aircraft to cover a radius of about 12 kilometres from the northern point of Winnipeg Street.

"The ground search will focus on a rural area north of the city on Friday, with the assistance of RCMP," Popowich said, noting that Search and Rescue Regina will help in the city's Uplands and Argyle Park areas on Saturday.

Photographs of Cruickshank are posted at Reginapolice.ca. Anyone with information on her whereabouts is asked to call police at 306-777-6500, or CrimeStoppers at 1-800-222-8477.

ROSS ROMANIUK/METRO

Local technology to cut wait times for disease tests

Innovation. Regina lab will be first in the world to use new BioMark technology

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Saskatchewan scientists are leading the way in disease identification with a new, high-tech testing method.

The Saskatchewan Disease Control Laboratory (SDCL) is the first facility in the world to use the BioMark technology, which will cut waiting times for disease tests.

"We are able to provide a definitive test on the same day that the sample is received at the laboratory, whereas before it would take days or perhaps weeks to get the definitive results," Regina biochemist Dr. Nick Antonishyn, manager of the molecular diagnostic department at SDCL, said on Thursday.

The machine is able to perform 96 nucleic acid tests on one sample of genetic material, whether it's bacteria or a virus, to identify illnesses such as influenza A or norovirus.

This kind of technology has been used for other purposes, but never in the health sphere. It's built from technology the Regina lab has used for 18 years.

"It's a small innovation that creates a great gain for us," Antonishyn said during a media walk-through at the facility at the University of Regina campus.

"The team took an idea and made it a reality. It was a breakthrough for us, and I think it will be useful for others as well."

The testing equipment, which cost about $275,000, will save the provincial government approximately $100,000 a year as patients require fewer tests.

"It will ease the stress on the system as a whole," said Health Minister Dustin Duncan, "and ultimately ease the stress on the patient as they and their provider can get to the bottom of what is making them ill."

Regina biochemist Dr. Nick Antonishyn puts a gel-like chip containing genetic material into the BioMark machine. This new technology will mean same-day medical test results for some patients in Regina. ALYSSA MCDONALD/METRO

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Mothers know best

In honour of Mother's Day — which is this Sunday, in case you forgot — Metro hit the streets to find out some of the best advice Saskatchewan residents have ever gotten from mom

JEFF MACKEY/METRO IN REGINA AND MORGAN MODJESKI/METRO IN SASKATOON

Leona Wolfe, 58
Addictions counsellor, Saskatoon

"She always told me to forgive, no matter what one does to you, because if you don't you're going to have the sickness come upon you yourself, because of holding negativity in your body, it has nowhere to go … so that's the kindest and best thing she had ever taught me."

Dayle Schroeder, 29
Production co-ordinator, Regina

"Don't have difficult conversations after midnight.... But the main one is don't date guys who are mean to pets or waitresses."

Stephanie Twardzik, 19
Hostess, Saskatoon

"Probably just to work hard for what you have and what you want.… If you go to work, just give it your all and don't slack off."

Devin Hillier, 26,
Co-operators Insurance, Regina

"My mom said always to smile. That isn't the only thing I learned from her but it might be the main thing — just always smile."

The flood that wasn't

The worst is over.
Regina has avoided flooding thanks to chilly spring

JEFF MACKEY
jeff.mackey@metronews.ca

Some Regina residents watch the high water in Wascana Creek on Thursday. Despite the high water, the city says no major flooding is expected. JEFF MACKEY/METRO

The water is high, though homes should remain dry.

The people of Regina will be pleased to hear that, after months of concerns about potentially serious flooding, the city expects no serious effects from the spring run-off.

"Our creek system has crested," Jay O'Connor, the City of Regina's emergency management co-ordinator, said on Thursday.

"The (water) levels came in far below the expected levels that we were given. The Water Security Agency informed us that the crest came through (Wednesday)."

This spring's run-off was expected to be the worst in a number of years, possibly even surpassing a serious flood in 2011. But the cold spring created a slow melt that never put much pressure on the city's flood preparations.

"It is less than half of what we had in 2011," O'Connor explained. "This sort of drawn-out, miserable spring has been sort of ideal for melting and evaporating the snow."

In fact, none of the city's hundreds of thousands of sandbags have even touched water this spring. The city has begun the process of collecting sandbags across Regina.

"We know there is a fair amount of water still to come through the city, but there isn't going to be another big spike," said O'Connor.

"There is some rain in the forecast, but we have enough capacity built into the system from the flow we got this year that we don't have any concerns regarding the rains impacting or getting close to those sandbag levels."

Magic mushrooms give some depression sufferers high hopes

Potential. Research shows that their active ingredient dampens part of the brain which is overactive in depressed people

KIERON MONKS
Metro World News

Desperate for a fix, David Nutt considered buying magic mushrooms from the street. Restrictions on the drug were making it impossible to conduct clinical trials, and Nutt had no way to secure the mushrooms that are widely available from illegal dealers.

"Fortunately the publicity helped. We are optimistic about the licence and supply now," Nutt, head of neuropsychopharmacology at Imperial College London in the U.K. told Metro.

No stranger to controversy — Nutt was fired as a government adviser for claiming ecstasy is as safe as horse riding — he is set to push the boundaries with the first trial of magic mushrooms to treat depression.

Research has shown that psilocybin, the active ingredient in mushrooms, dampens the brain's anterior cingulate cortex, which is overactive in depression sufferers. Trials will target the most severe cases. "The hypothesis is lasting benefits for people who have not responded to interventions," says Nutt. If the treatment seems radical, the professor argues it is proportionate. "Depression is the largest cause of disability in Europe, and only two-thirds of people get well. The rest are out of work and can't cope — we have to try everything."

But despite a rigorous attachment to evidence, Nutt admits he is fighting a crusade and wants to "tap into a reservoir" of hard drugs in clinical practice. "It's a campaign for the liberation of science — drug laws have censored research in this field for 60 years. I think it's the worst censorship since the Catholic Church stopped Galileo using his telescope."

Psilocybin and other mind-altering drugs are becoming popular solutions to a broad spectrum of mental health issues. A 2012 study found that ecstasy chemical MDMA had a lasting impact on post-traumatic stress disorder. Norwegian academics recently found that LSD improved misuse rates in 59 per cent of alcoholics.

"LSD seems to help people see their problems in a different light, to give new insights into their problems ... and to make a strong resolution to discontinue their drinking," said psychologist Pål Johansen.

A treatment 'prospector'

"I'm not saying we will revolutionize depression treatment, but there is a group for whom it will be useful."
U.K. Professor David Nutt

Magic Mushrooms sit in a fridge in 2005 in London, England. DANIEL BEREHULAK/GETTY IMAGES

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Robert Pickton

Children of victims launch civil suits

The children of four missing women whose remains were found on serial killer Robert Pickton's farm have launched legal action looking for compensation.

The daughters and sons of Dianne Rock, Sarah de Vries, Cynthia Feliks and Yvonne Boen have filed separate lawsuits in B.C. Supreme Court, targeting the provincial government, the City of Vancouver, Robert Pickton and his brother Dave and their sister Linda.

The statements of claim allege numerous failures on the part of Vancouver police, RCMP and Crown prosecutors, including that police didn't warn women in the Downtown Eastside that a serial killer may have been targeting women in the area.

The lawsuits also complain about the way the police informed the women's families about the Pickton connection.

THE CANADIAN PRESS

Gangsterism and chaos. Did Laval mayor take an offer he couldn't refuse?

A corruption-related storm ripped through the Montreal area Thursday, wreaking devastation on once-sturdy political machines inside and outside the city.

The party that won Montreal's last municipal election was dissolved. And in the big suburb next door, the mayor who dominated the last six elections was slapped with gangsterism charges.

It all occurred in just over an hour.

The succession of events underscored how the political order in Montreal has been overturned during a corruption inquiry, which is just now shifting its focus toward provincial politics.

The last-standing rump of the Union Montreal party, which won the first three elections in the newly merged mega-city since 2001, announced it would give up trying to rehabilitate itself and would disband.

A few kilometres north, in suburban Laval, Gilles Vaillancourt was among 37 people facing a long list of charges.

THE CANADIAN PRESS

Gilles Vaillancourt at city hall in Laval, Que., in October 2012. THE CANADIAN PRESS

Scientists set up a raft with one of a series of micro-meteorological stations on a lake in the Experimental Lakes Area. EXPERIMENTAL LAKES AREA/THE CANADIAN PRESS

Experimental Lakes research given new life

Done deal. Show will go on at Canadian science hub that had funding slashed by Tories

Forty-four years of continuous freshwater research at the world-renowned Experimental Lakes Area in northwestern Ontario will not be interrupted this summer after all.

The federal government has agreed to permit continuing data collection this season as it wraps up negotiations with a Winnipeg-based, non-governmental research institute to take over management of the remote, 58-lake facility.

Finance Minister Jim Flaherty killed the $2-million annual stipend for the ELA in last year's Conservative budget, and even fully funded researchers were being told as recently as last month that no work would be allowed to take place there this year.

The facility — not well known outside scientific circles — had become a political embarrassment for the government, a lightning rod for critics who say the spendthrift Conservatives are hacking away at environmental science while spending huge amounts on advertising and communications.

Fisheries Minister Keith Ashfield announced Thursday he's signed a memorandum of understanding with the International Institute for Sustainable Development, "an internationally renowned public policy research institute."

Ontario Premier Kathleen Wynne has already said the province will help with operating costs, the province of Manitoba is also part of negotiations and others are being sought.

THE CANADIAN PRESS

Why the ELA matters

- Founded in 1968 under the long-defunct Fisheries Research Board of Canada, the ELA is credited with critical work on mercury pollution, acid rain, climate change, phosphate pollutants, algae blooms and more.
- New research on silver nanoparticles, commonly used in clothing, was interrupted this spring by the 2012 federal funding cut.

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No swearing on this grave

Memorial. Cemetery denies request from rapper's family to inscribe headstone with profanity-laced lyrics

Commissioners at a Massachusetts cemetery have said no to profanity on headstones.

Sonny Santiago, 23, was a rapper who died in a car crash in February. Commissioners at Pine Grove Cemetery in Lynn this week unanimously rejected his family's request to inscribe his gravestone with a song verse that included profanity.

The commission became aware of the language when the company inscribing the three-foot-tall memorial submitted drawings to commissioners.

Pine Grove Cemetery regulations posted online state that "the cemetery office must approve all inscription work on monuments."

"We've never had a problem like this before," commission Chairman Arthur Dulong told The Daily Item of Lynn.

City officials contacted the family about the inscription and they agreed to have the gravestone inscribed with a different, profanity-free verse.

THE ASSOCIATED PRESS

More problems

The commission's dispute with Santiago's family is not over. The family added a 3-foot by 8-foot decoration made from mulch and rocks on his gravesite shaped like the number "1." Uno was his performance name. The family has been asked to remove the decoration because it does not conform to cemetery rules. "It's not fair," said Santiago's mother, Ana DeJesus.

War on drugs. Brazil introduces new rehab funding for crack users

Brazil's most populous and wealthiest state expanded its attack on crack cocaine abuse on Thursday by unveiling a program that will provide about $650 a month in subsidies for the rehabilitation of addicts at private treatment centres.

In announcing the program, Sao Paulo State Governor Geraldo Alckmin said the money will be earmarked monthly for each crack user aged 18 or more who voluntarily enrolls in a rehabilitation program that is expected to get under way in two months, in 11 cities.

The state will give the money to accredited rehabilitation centres when clients present a Begin Again card they receive after enrolling in a program. The cards are valid for six months, the time considered necessary for rehabilitation.

Alckmin said that each of the 11 cities in the program will decide the criteria that determine if drug users are eligible. THE ASSOCIATED PRESS

A man, second from left, smokes crack cocaine in a "cracolandia" or "crackland" neighbourhood in downtown Sao Paulo, Brazil, on Thursday.
ANDRE PENNER/THE ASSOCIATED PRESS

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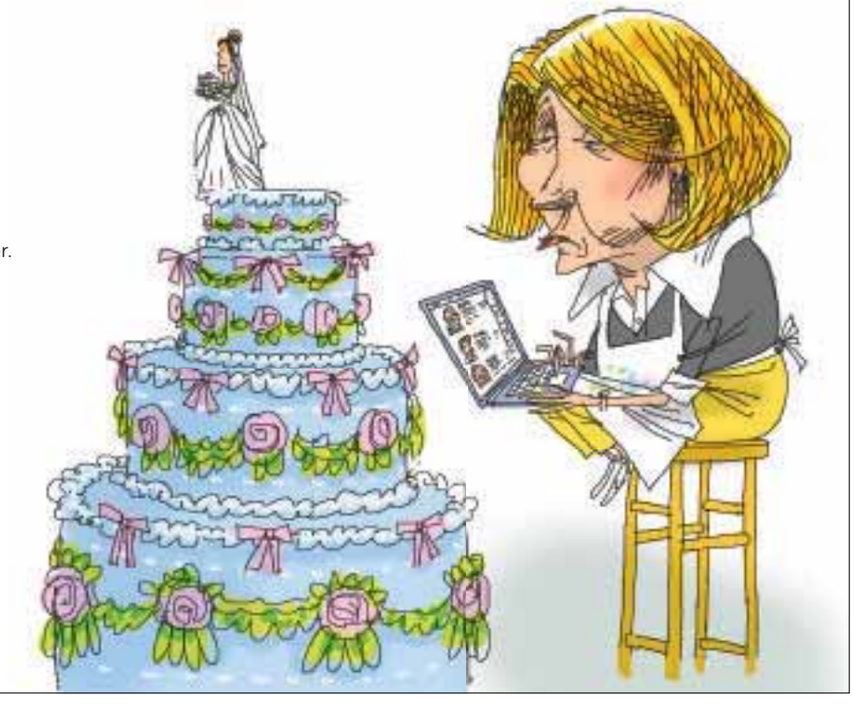

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A grave problem. Final, secret resting grounds for Boston bombing suspect finally found

Boston Marathon bombing suspect Tamerlan Tsarnaev has been buried in an undisclosed location outside the city of Worcester, Mass., police said Thursday after a frustrating weeklong search for a community willing to take the body.

"As a result of our public appeal for help, a courageous and compassionate individual came forward to provide the assistance needed to properly bury the deceased," Worcester police said in a statement.

Sgt. Kerry Hazelhurst said the body was no longer in Worcester and is now entombed. Police did not specify where the body was taken. THE ASSOCIATED PRESS

Unprecedented: Expert

- An expert in U.S. burial law said the resistance to Tsarnaev's burial was unprecedented in a country that has always found a way to put to rest its notorious killers, from Lee Harvey Oswald to Adam Lanza.

Crime

T.O. man charged with kidnapping, sex assault

A man is facing 10 charges, including kidnapping, robbery and sexual assault, after police say a 61-year-old woman was car-jacked while sitting in front of a Toronto coffee shop. Police say the incident happened early Wednesday morning. It's alleged the man demanded money and credit cards from the woman, then ordered her to drive to a secluded area where he sexually assaulted her. Shaun Carlson, 32, of Toronto, was arrested Wednesday night. THE CANADIAN PRESS

Alleged Cleveland rapist, kidnapper held on $8M bail

Ariel Castro appears in Cleveland municipal court Thursday. Castro was charged with four counts of kidnapping and three counts of rape.
DAVID DUPREY/THE ASSOCIATED PRESS

Seven charges. Women gave no indication other brothers were involved: Police chief

The man accused of raping and kidnapping three women, who were missing for about a decade before being found alive at his home, was ordered held Thursday on $8 million US bail.

Ariel Castro looked down at the ground for almost the entire arraignment hearing. He didn't speak.

The women found alive after a decade in captivity endured lonely, dark lives inside a dingy home where they were raped and allowed outside only a handful of times in disguises while walking to a garage steps away, investigators say. One of their young daughters was also freed from the house.

The 52-year-old former school bus driver has emerged as the lone suspect. Assistant county prosecutor Brian Murphy said the women were beaten repeatedly and sexually assaulted. He said Castro used the women "in whatever self-gratifying, self-serving way he saw fit." THE ASSOCIATED PRESS

Daughter's tearful apology

Castro's daughter, Arlene Castro, appeared on Good Morning America on Thursday. She tearfully described being embarrassed and devastated upon learning of her father's suspected role in her good friend Gina DeJesus' kidnapping

- Arlene was walking home from school with DeJesus in April 2004 just before she disappeared. "I would like to say I'm absolutely so, so sorry," she said. "I really want to see you Gina and I want you to meet my kids. I'm so sorry about everything."

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3D printers will help mould and shape things to come

The future is now.
London, Ont., museum replicating old exhibits with new technology, showing potential real-world applications

KEVIN HURREN
For Metro in London

These days, going to a museum in London, Ont. can feel like entering a whole new dimension.

Museum London has gone 3D — turning to the latest craze in printing to recreate historical artifacts.

Right now, the work's being doing on, quite literally, a miniature scale.

Select objects in the museum's London Works: Labouring in the Forest City exhibit have been replicated on a 3D printer and turned into miniatures of the real exhibit pieces.

When school groups come for tours, they're able to touch the pieces.

"It's a way to engage with the students that come to visit so they can actually handle these 3D replicas. Whereas, they couldn't handle something that was behind glass," said Steve Mavers, the museum's education curator.

While Museum London has only started testing the waters, others have already taken the 3D printing plunge.

The Smithsonian, for example, made at least one full-size rendition of its Thomas Jefferson bust, allowing other museums to borrow the work for displays, Mavers said.

The possibilities — ranging from completely recreating artifacts once considered lost to repairing those that have been damaged — are endless, the curator said.

Devon Elliott, a Western University PhD candidate in history, is well aware of the potential 3D printing has on the future.

"Historians have often worked under conditions of scarcity, but digital technologies are making things more accessible," he said.

Steve Mavers, education curator at Museum London in London, Ont., holds a tiny tea kettle created on a 3D printer for the museum's London Works: Labouring in the Forest City exhibit. ANGELA MULLINS/METRO IN LONDON

Need to know

How it works:

- **Sent.** A digital image of the object being recreated is sent to the 3D printer
- **Printing process.** Then, layer after layer of small plastic threads are laid down.

New York

Give me your tired, your poor ... your dry land

The Statue of Liberty is reopening July 4 after Superstorm Sandy flooded the island where it stands. The statue has been closed since Sandy struck the region on Oct. 29 and flooded much of Liberty Island's infrastructure. The statue itself was not damaged.
THE ASSOCIATED PRESS

Florida

Man flees police into gator's jaws

Authorities say a Florida man ran from the law and into an alligator's jaws. The Pinellas County Sheriff's Office says 20-year-old Bryan Zuniga was pulled over. Zuniga fled but was found at a local hospital a few hours later. He told deputies he had been attacked by an alligator near a water treatment plant. THE ASSOCIATED PRESS

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From spacesuits to cowboy boots: Astronaut agrees to lead Stampede

Chris Hadfield MAXIM SHIPENKOV/AP

ROBSON FLETCHER
Metro in Calgary

After the idea was raised in a Twitter conversation between Calgary Stampede officials and Chris Hadfield on the International Space Station, the Stampede invited the Canadian astronaut to lead its 2013 parade, and he promptly said yes.

"Calgary in July sounds lovely! Anything worth coming to see that time of year?" the astronaut tweeted Wednesday.

The Stampede replied, "What do you think about sitting in a horse saddle at full gravity?"

Hadfield responded: "I'll be ready to ride anything that stays below 8km a second."

That prompted Stampede president Bob Thompson to take things a step further. "We would like you to be a big part of our 2013 celebration here in Calgary," Thompson said in a YouTube video posted Thursday. Shortly after noon Mountain Time, Hadfield accepted the invitation.

Third man arrested in alleged VIA terror plot

Recruiter? Authorities say Tunisian 'radicalized' a Montreal man who planned to help blow up a cross-border train

A former Canadian resident charged with terrorism offences in the U.S. allegedly radicalized a Montreal man accused of plotting to attack a VIA Rail train, U.S. authorities said Thursday.

Tunisian Ahmed Abassi was charged with fraudulently applying for a visa to remain in the U.S. to facilitate an "act of international terrorism."

Two Canadian residents — Raed Jaser of Toronto and Chiheb Esseghaier of Montreal — face terrorism-related charges.

Details of Abassi's arrest and charges were included in a release on Thursday. According to the release, Abassi met with Esseghaier in New York City.

"Esseghaier, who was recently arrested in Canada and is currently incarcerated there on terrorism charges, was previously radicalized by Abassi," the release said. THE CANADIAN PRESS

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March For Life hits the Hill

Young girls participate in the March For Life in Ottawa on Thursday. Thousands of people gathered on the lawn of Parliament Hill in what has become an annual ritual designed to raise the issue of abortion at the national level. SEAN KILPATRICK/THE CANADIAN PRESS

One-child China. Director alleged to have 7 kids

Authorities are investigating whether one of China's top film directors fathered seven children in violation of the country's strict family planning laws, state media and a local official said Thursday.

Reports circulated online this week that Zhang Yimou, director of The Flowers of War starring Christian Bale and also known as the architect of the opening ceremony for the Beijing Olympics, has seven children from his two marriages and from relationships with two other women.

"We are trying to confirm the online rumours," said a woman at the general office of Wuxi city's family planning committee, a department under the municipal government. The woman, who declined to identify herself as is common among Chinese officials, said she couldn't reveal any other information until authorities had finished investigating.

Zhang, 61, reportedly could face a fine of up to 160 million yuan ($26 million), said the People's Daily newspaper, the Communist Party mouthpiece. People caught breaking China's family planning policy must pay a "social compensation fee" based on their annual income.

Users of China's lively social media lined up to criticize Zhang and drew distinctions between how the elite and ordinary people are treated.

"However many children a person has is their basic right, but in a twisted society, basic rights have become a privilege," Beijing resident Liu Weiling, who works for a media company, wrote on Sina Weibo.

THE ASSOCIATED PRESS

Chinese director Zhang Yimou
THE ASSOCIATED PRESS FILE

First Lady Michelle Obama gestures during a surprise visit from Prince Harry at an event in honour of military mothers in the East Room of the White House in Washington on Thursday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Harry-mania hits the U.S.

Prince Harry. In his first American visit since his Las Vegas shenanigans last year, the royal spare had women shrieking in Washington

Women watch and take pictures as Prince Harry tours an anti-landmine photography exhibition by The HALO Trust charity during the first day of his visit to the United States. CHRIS JACKSON/GETTY IMAGES

Britain's Prince Harry opened a U.S. visit devoted to the wounded victims of war at the side of one of America's most storied wounded warriors, Sen. John McCain, at an exhibition about land mines Thursday.

For the prince, the tour in the halls of Congress was a world away from the Afghanistan war zone where he recently served for 20 weeks in an attack helicopter. It was just as far removed from his hijinks in a Las Vegas hotel room last year, when fuzzy photos got out of a naked Harry playing strip billiards.

With a shrieking gaggle of young women straining to see him behind rope lines set back from the exhibition, the prince quizzed officials of HALO Trust, a charity that focuses on mine clearance and had staged the display of photos, maps and mine-detection equipment. The devastation caused by land mines was a cause taken up by the prince's late mother, Princess Diana, and Harry has carried on that interest as well as his own charitable work for wounded veterans.

McCain, who was shot down over North Vietnam and tortured as a captive, said he cracked to the prince that "he was probably a much better pilot than I was."

As for the prince's reputation for cutting loose on occasion, McCain joked that the dinner at the buttoned-up British Embassy later was sure to be a "wild and raucous affair."

On Friday, the prince visits Arlington National Cemetery and Walter Reed National Military Medical Center before flying to Colorado for the 2013 Warrior Games in Colorado Springs. More than 200 wounded servicemen and women from the U.S. and Britain will participate.

Harry will also visit parts of New Jersey afflicted by Superstorm Sandy and stop for events in New York City before capping his visit by playing in the Sentebale Polo Cup match in Greenwich, Conn., on Wednesday.

THE ASSOCIATED PRESS

A reputation to uphold

"(The British Embassy dinner is sure to be a) wild and raucous affair."

Sen. John McCain,
on Prince Harry's party-hearty reputation.

Pre-Approval Notice

IF YOU PURCHASED NEW BALANCE TONING SHOES YOUR RIGHTS MAY BE AFFECTED BY A PROPOSED CLASS ACTION SETTLEMENT

A proposed class action settlement has been reached involving New Balance Toning Shoes.

WHO IS INCLUDED?

You may be a Class Member if you purchased in Canada the New Balance Toning Shoes listed below from **January 1, 2010 until May 30, 2013.**

TONING SHOES:

Rock&Tone, TrueBalance, Aravon Ria, Aravon Riley and Aravon Quinn

WHAT IS THIS CASE ABOUT?

The lawsuit claims that New Balance made certain misrepresentations regarding the benefits of wearing its Toning Shoes in its marketing and sales. New Balance denies it did anything wrong. The Court did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?

A maximum Settlement Cap of not more than $155,000 is intended to pay claims to eligible Class Members and the costs of the settlement notice. New Balance is also agreeing to refrain from certain practices and to separately pay attorneys' fees, an award to the Representative Plaintiff and the costs of settlement administration. Full details about the Settlement are on the website www.clg.org.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?

New Balance will provide to each individual Class Member that qualifies for Compensation the following:

- For a single pair of Toning Shoes: an amount of $100, without the necessity of proof of purchase.
- For two or more pairs of Toning Shoes: a maximum amount of $200, with proof of purchase required for at least one of the pairs of Toning Shoes.

For each Claimant who submits a valid Claim, New Balance shall provide payment as described above, so long as providing such Compensation does not exceed the Settlement Cap. If providing each Claimant with such Compensation will exceed the Settlement Cap, then in such circumstances each Claimant's Compensation shall be reduced on a pro rata basis.

HOW DO YOU ASK FOR A PAYMENT?

To get money, eligible Class Members must submit a claim form by mail postmarked no later than **November 14, 2013.** Payments could be up to $100 for each pair of Toning Shoes purchased, up to a maximum of $200 for multiple pairs of Toning Shoes, but will vary depending upon the number of Claims submitted by all Class Members and the costs of settlement notice, as specified more fully in the Settlement Agreement.

WHAT ARE YOUR OPTIONS?

If you are a Class Member, you may (1) do nothing; (2) exclude yourself; (3) send in a Claim Form; and/or (4) object to the settlement. If you don't want to be bound by the settlement, you must exclude yourself. However, if you exclude yourself, you can't get a payment, but you can sue New Balance for these claims. If you stay in the Class, you may submit a Claim Form and/or object to the settlement.

WHAT ARE THE IMPORTANT DATES AND DEADLINES?

A motion to approve the Settlement will be heard by the Superior Court of Quebec, 1 Notre Dame Street East, Montréal, Quebec on **June 21, 2013 at 8:40 a.m. in room 2.08.**

If the proposed Settlement is approved, it will be binding on all Class Members except those who timely and properly opt out.

If you wish to opt out, you must no later than **August 19, 2013:** i) complete and submit by mail the Opt Out Form; ii) the Opt Out Form is available on Class Counsel's website at **www.clg.org.** Class Members who want to opt out and who are residents of Quebec must IN ADDITION give notice to the Clerk of the Superior Court of Quebec.

If you wish to object to the proposed settlement, you must send a written notice of objection to Class Counsel and Defence Counsel by no later than **June 11, 2013.** Your written objection should include: (a) your name, address, e-mail address and telephone number; (b) a brief statement of the reasons for your objection; and (c) whether you plan to attend at the hearing in person or through a lawyer, and if by lawyer, the name, address, e-mail address and telephone number of the lawyer. Class Members who do not oppose the proposed settlement need not appear at the settlement approval hearing or take any other action at this time.

WHEN SHOULD I MAKE A CLAIM?

The Claim Form is available on Class Counsel's website at **www.clg.org.** A Claim Form must be postmarked no later than **November 14, 2013.** The Claim form must be sent by mail to: New Balance Settlement Canada c/o Borden Ladner Gervais LLP, attention Marie Gamelin at 1000, de la Gauchetière Street West, Suite 900, Montreal, Quebec, H3B 5H4. There will be no further notice in the newspapers of this Settlement Agreement.

WHEN DO I GET PAID?

Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on **November 26, 2013,** assuming that the Settlement is approved and that such judgment has become final.

HOW CAN YOU GET MORE INFORMATION?

A complete copy of the Settlement Agreement and detailed information on how to obtain or file a Claim are available on Class Counsel's website at **www.clg.org.** To obtain a paper copy or for other information, please call Class Counsel at the numbers below.

WHO REPRESENTS ME?

The Class Counsel, or law firm representing the petitioner, is the following:

Jeff Orenstein
Consumer Law Group Inc.
4150, Sainte-Catherine St. West, Suite 330
Montreal, Quebec, H3Z 2Y5
Phone:
1-888-909-7863 Toll Free
514-266-7863 Montreal
416-479-4493 Toronto
613- 627-4894 Ottawa
Email: jorenstein@clg.org
Website: **www.clg.org**

If there is a conflict between the provisions of this Notice and the Settlement Agreement and any of its Schedules, the terms of the Settlement Agreement shall prevail.

This notice has been approved by the Superior Court of Quebec.

Disney kills Day of the Dead trademark request

Patently ridiculous. The Mouse backs down after Latino activists mock its attempt to appropriate cultural holiday for film

When Lalo Alcaraz learned this week that Disney was seeking to trademark Dia de los Muertos, the name of the traditional Day of the Dead celebrated by millions in Mexico and the U.S., the cartoonist had an idea.

The trademark was for an animated movie by Disney and Pixar Animation Studios Inc. that is inspired by the holiday.

The Los Angeles-based humorist created a movie poster that quickly went viral of a skeletal Godzilla-sized Mickey Mouse, with the words: "It's coming to trademark your cultura (culture)."

Anger and ridicule expressed on social media largely by Latinos began circulating. This week, Disney said it was no longer seeking a Dia de los Muertos trademark request because the film's name will change before its release.

"Disney's trademark filing was intended to protect any potential title for our film and related activities," a company statement said. "It has since been determined that the title of the film will change."

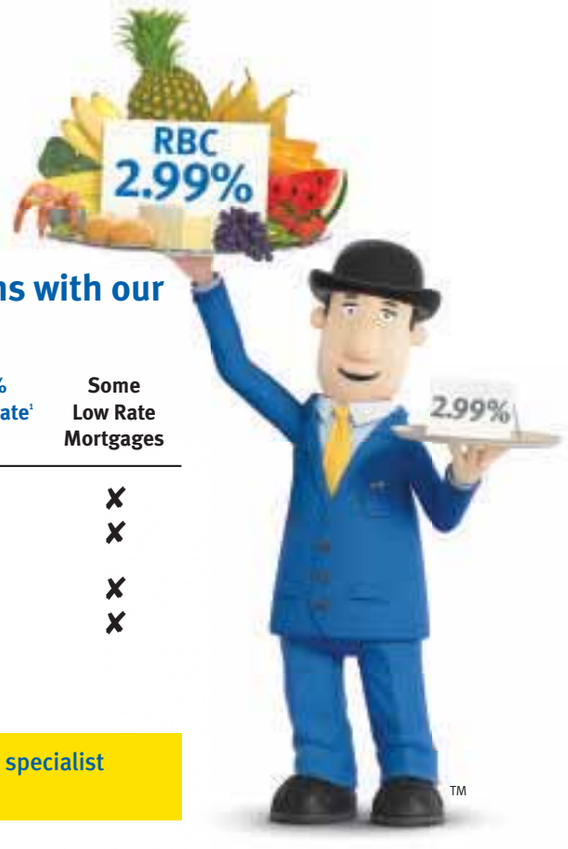
Disney has not said that social media responses were responsible for the withdrawn trademark request. The company did not immediately return a phone call from The Associated Press. Whatever the reason, the episode showed how quickly reactions to even the smallest corporate move can spread online and lead to calls for boycotts.

THE ASSOCIATED PRESS

The interior of Masks y Mas, an Albuquerque, N.M., shop that sells Day of the Dead art year round. Critics said Disney's Dia de los Muertos trademark request put thousands of businesses making products linked to the day at risk. THE ASSOCIATED PRESS

RBC Royal Bank

Some low rate mortgages come with nothing on the side.



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1 This rate is a special discounted rate below our posted rate and is only available on mortgage applications that fund within 120 days of the start of the application. Terms and conditions apply. Not available on construction draw mortgages. This rate offer may be changed, withdrawn or extended at any time, without notice. Not available in combination with any other offer or rate discount. Other terms and conditions apply. The Annual Percentage Rate (APR) is based on a $200,000 mortgage and a mortgage processing fee of $250. Fee may vary depending upon type of property and location. APR is 3.03%. 2 We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $100,000. 3 The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Air safety. EasyJet to test ash-detection system

A U.K. budget airline will create an artificial volcanic ash cloud over Europe this summer to test ash detection technology. The experiment aims to avoid the kind of chaos that paralyzed the continent's air traffic during eruptions in Iceland three years ago.

Thursday's announcement was made by easyJet, which acquired a ton of ash collected in Iceland by scientists in the months after the 2010 eruptions for its test. EasyJet PLC said it is working on developing infrared technology fitted to planes that will feed images of an ash cloud to pilots and control operators on the ground.

THE ASSOCIATED PRESS

A volcano in southern Iceland sends up ash in this April 2010 file photo. The eruption kept much of Europe landbound. THE ASSOCIATED PRESS FILE

Forecast

Loonie could hit 90¢ by end of year, new report says

The shine is about the come off the Canadian dollar. TD Bank says in a new forecast the loonie, which has been hovering around parity with the U.S., could hit as low as 90 cents US by the end of the year and early 2014. The loonie has in fact strengthened of late, but the report's authors say that won't last. THE CANADIAN PRESS

Market Minute

DOLLAR 99.26¢ (-0.41¢)

TSX 12,543.90 (-41.15)

OIL $96.39 US (-23¢)

GOLD $1,468.60 US (-$5.10)

Natural gas: $3.98 US (no change)
Dow Jones: 15,082.62 (-22.50)

ESP Psychic Fair and Holistic Wellness Show
MAY 9, 10, 11, 12

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MOST BEAUTIFUL LIST IS COMPLICATED

THE METRO LIST

Paul Sullivan
metronews.ca

And now from Metro News Central, here's the weekly list of things that make you go … hmmm?

1 **Bye-bye beautiful.** Hello! Magazine Canada is out with its list of 50 Most Beautiful Canadians and a face only Chad Kroeger could love is on the cover. Besides Avril Lavigne, other beauties include Justin Bieber and the Ryans, Reynolds and Gosling. Of course, none of these people actually live in Canada.

2 **Came from away.** Some people actually want to live in Canada. Quite a lot of people, actually. According to the latest census results, released this week, 6.8 million Canadian residents came from someplace else.

3 **The world is a safer place this week.** Cleveland man Ariel Castro was arrested and charged with rape and kidnapping after three women allegedly escaped from his clutches after being held captive for a decade; Bad Boy and former Italian prime minister Silvio Berlusconi had his four-year sentence for tax evasion upheld; and Hans Lipschis, a guard at Auschwitz from 1941-45, was arrested in Germany this week. Lipschis is 93 years old. Karma is not always instant.

4 **The world is not a safer place this week.** If you've got a commercial 3D printer, 60 bucks worth of plastic and Wi-Fi, you can print your own arsenal. A University of Texas law student is the first to print up a working .38-calibre handgun. He won't be the last.

5 **The world is not a safer place, especially if you're a chicken.** Some kid at the College of Art and Design in Calgary slaughtered a chicken in the school cafeteria recently in an act of "performance art." The kid's instructor was fired, presumably, for not being able to tell the difference between art and life. Some of his students are protesting his dismissal. The chicken was not consulted.

6 **Speaking of life and art.** One of the most popular baby names for girls in 2012 was "Arya," after Arya Stark, a feisty girl character in the fantasy epic Game of Thrones series that has captivated the nerdiverse. Jacob and Sophia were the most popular baby names in 2012. That's AD, not BC, although they were probably pretty hot back then, too.

7 **Hockey Night in Canada continues.** Sadly, not for the Vancouver Canucks, who were swallowed whole by the San Jose Sharks in four straight games. As this is written, the Montreal Canadiens, the Ottawa Senators and even the Toronto Maple Leafs are still in the quest for Lord Stanley's Cup. Well, at least Vancouver still has Lord Stanley's Park, which this week was declared the No. 2 most beautiful city park in the world by Travel + Leisure magazine. No. 1 is Park Güell, designed by the weird and wonderful Antoni Gaudí, in Barcelona. And isn't this where we came in?

Follow The Metro List on Twitter @TheMetroList

ZOOM

Not even gravity can get him down

GLENN HAMPSON/NEWSPIX/REX FEATURES

Daredevil turns into stuntman for Wolverine 2 after YouTube videos

Parkour enthusiast Jesse Turner has gone from cult acclaim to celebrity through being recruited to perform stunts in the upcoming blockbuster Wolverine 2.

The movie producers head-hunted Australian daredevil Turner from his Internet videos, which show his full range of breathtaking and terrifying moves.

METRO

Social-media maven

"I think people just like to get to know you online. Most of my jobs recently have been from videos I've launched on YouTube."

Jesse Turner

YouTube hit

90K

Turner's latest YouTube hit had passed 90,000 views at last count, a record for the stuntman.

The champions of the free-running world

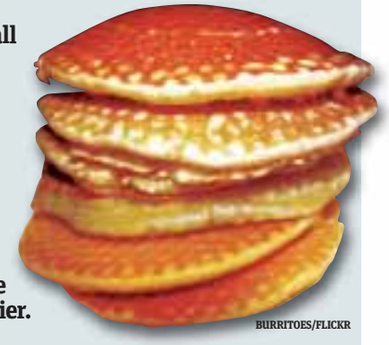
Leading figures from the world of free running:

- **Tim (Livewire) Shieff.** British winner of the World FreeRun Championship, Livewire earned his nickname for audacious moves.
- **Ryan Doyle.** Also a world champion, despite poor eyesight, Doyle specializes in performances at stunning locations such as the ancient city of Petra, Jordan.

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

We might not all have the time (or desire) to channel Julia Child at the end of a long work day, but with the help of a few apps, getting dinner together can be a whole lot easier.



BURRITOES/FLICKR

How to Cook Everything

While five bucks may seem pricey for a cooking app, Mark Bittman's How to Cook Everything is a bargain at twice the price. The app not only has the famed New York Times columnist's recipes and how-to pics, but also gives you access to tools like timers and shopping lists.

Dinner Spinner

Wondering what to do with those day-old red peppers and half-can of coconut milk? Input whatever's in your fridge to the free Dinner Spinner app, and voilà! A new meal idea using only what you have on hand.

Ratio

For cooks who hate recipes, Ratio offers guidelines and vague instructions rather than specific directions and ingredients, letting you run wild with creativity in the kitchen.

Big Oven

With a ton of recipes and an interface that's easy to use, Big Oven repeatedly takes home "best cooking/recipe app" awards. Though no signup is needed to access recipes, creating an account lets you scan your mom's old, handwritten recipes, share your favourite meals and have a peek at your friends' recipes, too.

Twitter

@metropicks asked: The latest beauty trend involves having your blood injected into wrinkle-prone areas on the face (Kim did it on Keeping Up With The Kardashians). What's the weirdest trend you've heard of?

@jennieramstad: Human-placenta smoothies.

@maggable: That's easy...Demi Moore and her leech therapy

@JessicaSquibb: In the name of #beauty. Ew

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE 2

Synopsis

Set in the Jazz Age — early 1920s in New York. Nick Carraway (Tobey Maguire) is working as a stockbroker in the city while living in a wealthy suburban enclave. His neighbour is the enigmatic Jay Gatsby (Leonardo Di Caprio), whose ornate mansion plays host to wild weekend parties. Turns out he isn't the aristocrat he claims to be, but the son of dirt-poor farmers who made a fortune as a bootlegger. Nick soon learns his cousin Daisy (Carey Mulligan) was Gatsby's first love. Gatsby and Daisy try to pick up where they left off, but Gatsby proves unable to control the future as adeptly as he created his past.

- Richard: ●●●●○
- Mark: ●●●●○

The Great Gatsby has plenty to look at, and a Jay-Z soundtrack to boot. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Pushing up Daisy

The Great Gatsby. There's plenty of eye candy here, but the real razzle-dazzle is in Carey Mulligan's portrayal of Daisy

Richard: Mark, Baz Luhrmann may be the perfect person to retell Jay Gatsby's Roaring Twenties' story. Equally at home with razzle-dazzle and substance, he captures the tone of the Jazz Age while still allowing the story's deeper resonance to shine through the gloss. It's eye candy, pure and simple, and yet the sense of doom that hangs over the beautiful and damned characters in the story is palpable. Without it this would be just another story about pretty people doing pretty-people things.

Mark: Richard, I approached this movie with some trepidation. Luhrmann is such an overwhelming director, and Fitzgerald's book can be as delicate as chiffon. And for the first half hour, it seemed that the story would be swallowed up in crazed, hallucinogenic fantasias of swirling 3D visuals, not that there's anything wrong with that. It's amazing to watch. But then the movie settled down and captured the beautiful and tragic romance between Gatsby and Daisy, and became profoundly moving. The actors all play their parts well, but I have to say the film belongs to Carey Mulligan. You, Richard?

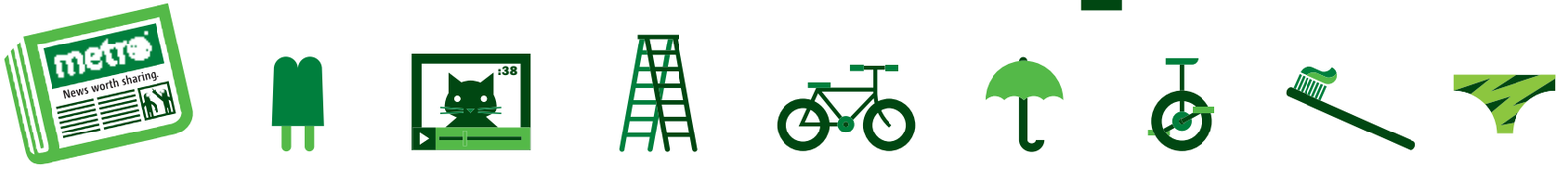
RC: Absolutely. Daisy is one of Fitzgerald's "bright precious things," a hothouse flower and Mulligan has a face capable of simultaneously showing great happiness and profound sadness, a duality that serves her character well. She effortlessly tosses off shallow lines like, "Your life is adorable," while digging deep to convey Daisy's conflicted nature.

MB: She's exactly as I imagined her when I first read the novel over 40 years ago. I wasn't as sure about DiCaprio at first, but he grew on me. I loved the way Luhrmann took vintage movies of New York in the '20s and colourized them, and then converted them to 3D. There's a scene that takes place on a rooftop patio overlooking Times Square that completely changed the way I imagined Manhattan of the past. But what did you think of the anachronistic score? Did you have an issue with it?

RC: It's probably my least favourite part of the film. I get what Luhrmann was trying to do, but here, unlike Moulin Rouge! it doesn't really work. The Jazz Age Amy Winehouse song is OK, but the Jay-Z tune feels more like an attempt to sell soundtracks than serve the story.

MB: The film is sooooo superior to the 1974 Robert Redford/Mia Farrow version that I will forgive him almost anything. People will come for the visuals, but they'll leave touched by the story. And the clothes.

Sharability



The Great Gatsby

"I don't think about expectations. Everything I did in this work, everything we did, the focus was to try and reveal the novel... The novel wasn't set in a period called the 'Minimal Twenties.' It was called the 'Roaring Twenties.' So it had to roar."

Baz Luhrmann on directing the newest adaptation of F. Scott Fitzgerald's The Great Gatsby

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAY 10 TO THURS., MAY 16 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

42 (PG) Fri 7-10 Sat-Sun 1-3:55-7-10 Mon-Wed 5:50-8:40 Thu 6-8:50 Star & Strollers Screening Wed 1
The Croods (G) Sat-Sun 12:55
The Croods 3D (G) Fri 7:10-9:30 Sat-Sun 3:45-7:10-9:30 Mon-Wed 5:40-8:05 Thu 5:35-8 The Great Gatsby 3D (PG) No Passes Fri 7:15-10:30 No Passes Sat-Sun 12:45-4-7:15-10:30 No Passes Mon-Wed 5:20-8:30 No Passes Thu 5:20-8:25
Identity Thief (14A) Fri 7:40-10:15 Sat-Sun 1:25-4:05-7:40-10:15 Mon-Wed 5:55-8:35 Thu 6:15-9
Iron Man 3 (PG) No Passes Fri 6:50-9:50 No Passes Sat-Sun 12:20-3:30-6:50-9:50 No Passes Mon-Wed 5:30-8:25 No Passes Thu 5:45-8:40 Star & Strollers Screening, No Passes Wed 1
Iron Man 3 3D (PG) No Passes Fri 7:30-10:35 No Passes Sat-Sun 1:10-4:15-7:30-10:35 No Passes Mon-Wed 6-8:55 No Passes Thu 6:10-9:05
Oblivion (PG) Fri 7:20-10:10 Sat-Sun 1:20-4:25-7:20-10:10 Mon-Wed 6:05-8:50 Thu 6:20-9:05
Olympus Has Fallen (14A) Fri 7:35-10:25 Sat-Sun 1:35-4:35-7:35-10:25 Mon-Wed 6:15-9
The Place Beyond the Pines (14A) Fri 6:55-10:20 Sat-Sun 12:35-3:40-6:55-10:20 Mon-Thu 5:20-8:20
Scary Movie V (14A) Fri 7:50-9:55 Sat-Sun 1:50-4:50-7:50-9:55 Mon-Wed 6:25-9
Star Trek Into Darkness (STC) No Passes Thu 5:55-8:55
Star Trek Into Darkness 3D (STC) No Passes Thu 5:30-8:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

The Big Wedding (PG) Fri 5:05-7:30-9:55 Sat-Sun 12:15-2:40-5:05-7:30-9:55 Mon-Wed 7:45-10:05 Thu 10:25
Bolshoi Ballet: Romeo and Juliet (STC) Sun 12:55
The Croods (G) Fri 4:25-6:55-9:25 Sat 11:20-1:50-4:25-6:55-9:25 Sun 1:30-4:05-6:50-9:20 Mon-Tue 7:15-9:45 Wed 10:15
Free Willy (STC) Sat 11
The Great Gatsby (PG) No Passes Fri 6:30-9:40 No Passes Sat 11:45-3:05-6:30-9:40 No Passes Sun 12:45-4-7:15-10:30 No Passes Mon-Thu 8:15
The Great Gatsby 3D (PG) No Passes Fri 4-7:15-10:30 No Passes Sat 12:30-3:45-7-10:15 No Passes Sun 12-3:20-6:40-9:50 No Passes Mon-Thu 7:05-10:20
Iron Man 3 (PG) No Passes Fri 4-7:10-10:10 No Passes Sat 12:40-3:50-7:10-10:10 No Passes Sun 12:40-3:50-7:05-10:10 No Passes Mon-Thu 7-10
Iron Man 3 3D (PG) No Passes Fri 6:40-9:45 No Passes Sat 12-3:10-6:40-9:45 No Passes Sun 12-3:10-6:35-9:40 No Passes Mon-Wed 8:30 No Passes Thu 7:30-8:30-10:30 No Passes Fri 4:30-7:40-10:45 No Passes Sat 1:20-4:30-7:40-10:45 No Passes Sun 1:20-4:30-7:25-10:30 No Passes Mon-Wed 7:30-10:30
Jurassic Park 3D (PG) Fri 4:05-7 Sat 1:15-4:15-7:20 Sun 4:10-7 Mon-Tue 7:20 Wed 7:35
National Theatre Live: This House (STC) Thu 7
Oblivion (PG) Fri 10 Sat 10:20 Sun 10 Mon-Tue 10:15 Wed 10:25
Pain & Gain (14A) Fri 4:40-7:45-10:45 Sat 1:35-4:40-7:45-10:45 Sun 1:35-4:40-7:40-10:35 Mon-Tue 7:35-10:30 Wed 7:20-10:10 Thu 7:35-10:30
Rockshow (G) Wed 7:15
Star Trek Into Darkness (STC) No Passes Thu 7:15-10:15
Star Trek Into Darkness 3D (STC) No Passes Thu 8

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flying Monsters 3D (STC) Fri-Sun 2:15
Rocky Mountain Express (STC) Fri-Sun 1-7

Golden Mile
3806 Albert St.

21 and Over (14A) Fri-Thu 9:20
The Call (14A) Fri-Thu 6:45-9:05
Escape From Planet Earth (G) Fri-Thu 1:30-4:05-6:50
Evil Dead (18A) Fri 1:15-3:50-6:50-9:20 Sat-Sun 6:50-9:20 Mon-Thu 1:15-3:50-6:50-9:20
G.I. Joe: Retaliation (PG) Fri-Thu 1:10-3:45-6:35-9:15
The Host (PG) Fri-Thu 6:30-9:05
Jack the Giant Slayer (PG) Fri-Thu 1:15-3:45-6:40-9:15
Kung Fu Panda 2 (G) Sat-Sun 1:30
Madagascar 3 (STC) Sat-Sun
Oz the Great and Powerful (PG) Fri-Thu 1:10-3:45-6:30-9:15
Quartet (PG) Fri-Thu 1:25-4
Safe Haven (PG) Fri-Thu 1:20-3:55-6:40-9:10
Wreck-It Ralph (G) Fri-Thu 1:30-4:05

Regina Public Library Film Theatre, 23 11 12th Ave.

Fight Like Soldiers, Die Like Children (STC) Fri 9 Sat 7 Sun 9
No Films Showing Today (STC) Mon-Tue
The Redemption of General Butt Naked (STC) Fri 7 Sat 9 Sun 7
Special Event (STC) Thu 9
Wednesday Plus (STC) Wed 7
Wrong (STC) Thu 7

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Miley Cyrus, 20, was number one on the list. ALL GETTY IMAGES

Age of Maxim's top sexiest women is a tad off-putting

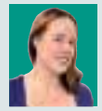
Maxim's Hot 100 list, which is a compilation of the world's sexiest women, is out. Here's the top five with their ages included. Miley Cyrus, 20, takes top honours, while Selena Gomez, 20 is second, followed by Rihanna, 25, Mila Kunis, 29, and Jennifer Lawrence, 22. The average age of these hot "women" is 23; the top two cannot legally be hit on in a bar. This makes you feel a little dirty, no?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fall Out Boy's Wentz opens up about his drug addiction



THE WORD
Dorothy Robinson
scene@metronews.ca

The 33-year-old bassist for Fall Out Boy (and the ex of one Ashlee Simpson) opens up in a new issue of Rolling Stone about how he sunk into a pill addiction after Fall Out Boy went on hiatus in 2009.

The rocker says he abused Xanax and Klonopin, which are primarily used to treat anxiety. "I was probably physically and mentally addicted," Wentz reveals. "It started from insomnia and anxiety from flying, then it spiralled. He continues, "I felt like a loser already. I'd basically gone from being the guy in Fall Out Boy to being the guy, who, like, hangs out all day. I didn't see how I'd ever come out on the other side."

Things only got worse when Wentz split from Simpson. "I was scared of everything. I thought there were always people listening to me," he says. "Like, I had my house searched for bugs. It was crazy."

Wentz says he is clean now, thanks to his son Bronx, 4, and extensive work with a therapist.

David Bowie

Church leaders not impressed with Bowie's bar-fly version of Christ

Church leaders have reacted angrily to the release of a video to accompany David Bowie's latest single, The Next Day, in which he poses as Jesus in a bar. Lord Carey, the former Archbishop of Canterbury — the global head of the Anglican church — said the video was "juvenile" and urged Christians to "rise above it." But he also couldn't resist having a dig: "I doubt that Bowie would have the courage to use Islamic imagery — I very much doubt it." The video contains a sequence of Bowie in a bar in robes, striking a Christ-like pose. Gary Oldman and Marion Cotillard are also featured. Oldman is dressed as a priest, while Cotillard is in her underwear, with blood spurting from two wounds in her hands.

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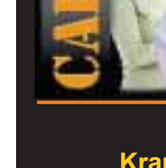
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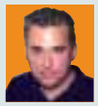

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It's never too early to get your ice cubes in a row when it comes to summertime cocktails. Though popping the cork on a bottle of wine or twisting-off the cap of a chilled beer may be easier, no drink makes your back deck feel more like the Caribbean than a well-made mixed drink.

While some are complicated, most cocktails are a lot easier to make than you might think. Warm weather favourites like the Bloody Caesar (invented in Canada), the Margarita and the Cosmopolitan are no-brainers.

I love to get my Mojito on this time of year. The Cuban classic, which combines white rum, sugar, lime juice, sparkling water, mint leaves and a bit of muddling, is one of the most refreshing drinks in the mixology handbook.

Bacardi — Cuba's hometown hero — is the standard white rum of choice for a Mojito. I kneel to liquid tradition, but find the new wave of white spiced rums make an even better impression in the glass. Captain Morgan Silver Spiced Rum ($24.49 to $29.99) mixes white spices, vanilla and a subtle sweetness that works wonders with the Mojito's minty personality. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

A sophisticated breakfast for mom

Scrambled Eggs with Brie Cheese and Smoked Salmon.
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Scrambled eggs made with velvety brie cheese and savoury smoked salmon is a real treat for a Mother's Day breakfast.

I have given a choice of using natural liquid egg substitutes instead of using three eggs per person, which have excess fat and cholesterol.

1. In large skillet sprayed with vegetable oil, add egg substitute or eggs and milk.

2. On a medium heat continue to scramble just until eggs are almost set. Do not overcook.

Ingredients

Prep time: 5 minutes
Cook time: 5 minutes

- 1 1/2 cup egg substitutes or 6 large eggs
- 1/4 cup lower fat milk
- 1/4 cup diced smoked salmon
- 1 1/2 oz diced brie cheese
- Pinch of salt and pepper

This recipe serves two. MIKE MCCOLL

3. Serve the scrambled eggs with smoked salmon and brie cheese over top and sprinkle with salt and freshly ground pepper.

Nutrition per serving for egg substitutes

187 calories, 26.6 g protein, 6.3 g fat, 5.2 carbohydrates

Sweet as mom: Chocolate French Toast

Serves 4. MATTHEW MEAD/ AP

1. Heat the oven to 350 F.

2. In blender, combine raspberries with 2 1/2 tbsp sugar. Puree, then pour through mesh strainer. Discard seeds and set aside the sauce.

3. In bowl, whisk eggs and egg whites. Add milk, vanilla, salt and remaining 1 1/2 tablespoons of sugar. Whisk until well combined.

4. Coat a large nonstick skillet with cooking spray and heat over medium. Dip 2 slices of bread in egg mix until well soaked. Place soaked slices in skillet and sprinkle each with a quarter of the chocolate. Dip another 2 slices of bread in egg mix, then set them on top of the chocolate, pressing gently but firmly so the pieces adhere.

5. Cook 3 minutes then flip and cook for another 3 minutes. Transfer to rimmed baking sheet. Repeat with remaining bread and chocolate, coating the pan with additional cooking spray. When all of the toast has been cooked in the skillet and transferred to baking sheet, bake in oven for 10 minutes, or until cooked through.

6. Cut each portion in half on the diagonal, drizzle with some of the raspberry sauce and garnish with additional raspberries. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 pint (2 cups) fresh raspberries, plus extra to garnish
- 1/4 cup sugar, divided
- 2 large eggs
- 2 large egg whites
- 1 cup 1% milk
- 1 1/2 tsp vanilla extract
- Pinch of table salt
- 8 slices bread, lightly toasted
- 3 oz bittersweet chocolate, coarsely chopped

metro TW Trend Watch

SLEEK & SEXY

Humidity can be measured two ways — relatively or by dew point — but who needs percentages when frizzy hair is the best dead giveaway?

This season's most delectable hair trends, however, are seemingly without regard for humidity. Styles spotted on the runways rarely swayed from sleek, but how strands were tied ranged from tight knots (at Ralph Lauren and Givenchy) to simple braids (at Jason Wu and Marchesa) and low-slung ponytails (at Michael Kors and Jil Sander). The common theme among them was simplicity, with not a complicated up-do in sight. Therefore, replicating this season's knotty trends should be a cinch — it's beating the humidity and fighting off frizz that will take some technique.

Using a wax to build hair's defence against frizz before styling can work. Waxes both seal moisture in and prevent excess water from entering the hair cuticle, which is what ultimately causes strands to puff up and kink, no matter the season.

Hair waxes are also known as pomade, styling crème, paste and whip. The degree of thickness depends on the percentage of other ingredients added versus a base wax, like beeswax. Generally speaking, the finer your hair, the more viscous (watery) your pomade or wax should be. If you have thick, curly hair, a heavier wax would work best to hold your sleek top-knot in place all day. If you have fine, straight hair, pick a product more closely resembling a whip.

– Rebecca Perrin

ISTOCKPHOTO/THINKSTOCK

YOUR HAIR CARE MENU

APPETIZER, MAIN AND DESSERT FOR YOUR DAMAGED LOCKS

Popular hair care ingredients read like a meal and deliver on nourishment, too. Fixes like argan oil, caffeine, avocado and coconut have stepped up the hair repair game so no damage goes unfed and genuine health gets a fill-up.

By feeding your hair a hefty meal of antioxidizing oils, strengthening proteins, and conditioning butters, you can reinforce strength so the threat of breakage won't spoil your appetite for spending summer days outdoors and lounging around your neighbour's saltwater pool.

Here is a closer look at the menu:

ANTIOXIDANT SALAD (PROTECTION)

Vitamins A, B, C, E and K can be found in numerous hair products. They offer dull and depleted hair protection against oxidative damage (when environmental factors cause your hair to lose protective electrons to free radicals) and bring back plenty of healthy shine. You can find these vitamins by searching product labels for ingredients like apricot oil, pomegranate oil, argan oil, coconut oil, beta carotene, phytochemicals and grapeseed extract. Nourishing to all types of hair.

PROTEIN MAIN (STRENGTH)

Each strand of hair is comprised of three layers of proteins piled atop one another. When the second layer, the cuticle, is damaged, your hair becomes officially dry and damaged.

A protein-rich meal aids in smoothing the proteins into place and building elasticity so strands won't break from brittleness, and makes it easier for them to hold onto moisture.

Protein-rich products range from shampoos to leave-in hair treatments and show up as keratin, collagen, flaxseed and soy-based additives, for example. Fatty oils can weigh fine hair down (therefore best to use overnight) but are generally well absorbed by coarser textures.

CONDITIONING DESSERT (MOISTURE)

Conditioner does for your hair what something sweet after dinner does for our craving — satisfies. Look for shea, jojoba, mango and coconut butters if you prefer natural ingredients to fight frizz, and if your hair can handle the weight, or glycerin and silicone complexes for smoothness and shine on finer textures. All types of hair will mellow out after a cool and creamy conditioner.

– Rebecca Perrin

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50 SHADES OF WHITE

QUICK-FIX TEETH WHITENING KITS ARE EASY TO USE

HEMERA/THINKSTOCK

At-home teeth whitening kits are a fraction of the cost of what you would pay to see your dentist. Products are easy and safe to use so you don't have to give up on your favourite vices.

The effective agent in most whitening products is hydrogen peroxide (H2O2). It is also likely the most popular bathroom cabinet essential (you would recognize the brown bottle with white writing, right?) because it's simply a combination of water and oxygen, and extremely affordable.

Hydrogen peroxide is one of the best germicidal agents for a household full of kids — when you used to fall off your bike and scrape your knee, your mom likely doused the bandage in H202 before sending you back outside, but these days you should consider hydrogen peroxide your ticket to whiter teeth.

Choose a teeth-whitening product with controlled amounts of hydrogen peroxide on the label. Take your pick of kits, toothpaste and mouthwash — they all have the right amount of hydrogen peroxide to whiten your teeth safely at home.

The strongest whitening kits on store shelves have 14 per cent hydrogen peroxide. Whitening mouthwashes are often made effective by a combination of hydrogen peroxide and sodium hexametaphosphate. An alternative to H202 is carbamide peroxide, also found in whitening products, which is slower to oxidize and roughly one-third the strength of hydrogen peroxide. It may be the better option for whitening highly sensitive teeth.

As for maintaining your newly whitened teeth, think more so about how acidic your food is than its inherent colour. Salt and vinegar chips for example, though extremely delicious, are highly acidic and may contribute to the erosion of tooth enamel. Same goes for orange juice, citrus fruit and white wine, which is actually more likely than red wine to stain your teeth because it's more acidic. Also, drink water after your morning espresso to rinse away the lingering crema, and keep a spare toothbrush in your bag for good measure.

– Rebecca Perrin

PAYING LIP SERVICE

Beyoncé

Among the must-have lip shades this season are bouquets of both crimson red and barely-there nudes so subtle they nearly conceal your mouth. This spring, opposites attract equally.

Flesh tone lips flatter an expressively smoked eye (try this season's vivid palette of violet, indigo blue or emerald green) and also appear appropriately restrained against a bronzed complexion. Jennifer Lawrence is obviously a fan (she wears nudes often and very well) and Beyoncé always manages to make a bare lip look super fierce.

Choosing the right shade of nude is essential since it will set you up for appearing Brigitte Bardot-ish rather than passing on to the next life. Your teeth will look white rather than three shades deeper. Generally, three tones of nude lipsticks exist: Ones with apricot undertones; those with a pink tint; and true, honest beiges. Try the first two and avoid the third since that's how lips can look mistakenly chalky, like you have eaten a powdery doughnut and forgotten to tissue off.

As for red, the hottest swatches are tangerine and glossy (the ones created for Moschino by Tom Pecheux looked like freshly peeled citrus fruit) and crimson and matte. Choosing a red lipstick is truly a personal adventure to embark upon. The shade's vibrancy is so powerful, and red carries so many cultural and emotional connotations that you should try on shade after shade until you find one that makes you feel fiery.

Absolutely skip the lip liner with nude shades (you may look like a mannequin if you don't), but feel free to employ one with deep crimson lipstick. A perfectly precise line can add to the allure of red lips, like the ones created by Pat McGrath at Prada. She applied layer after layer of lipstick, blotting in between, to make sure the finished texture was opaque and deliciously rich. *– Rebecca Perrin*

Jennifer Lawrence

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FABULOUS FASHIONABLE FINDS

A little sparkle, a little structure, a little softness — and shoes, of course — to make you look your best.

BANANA REPUBLIC BOLD GEM NECKLACE — a cheerful splash of colour, also comes in a luminous pale green. $74, Banana Republic and bananarepublic.ca.

FOXY BY FOXY ORIGINALS PETALS BRACELET — pretty gold-tone bracelet with pendant; also available in silver-tone. $24.99 exclusively at Target.

KAYTRAN EYEWEAR — stylish, Canadian, universal-fit shades that don't suction to cheeks in summer heat; the brand has been spotted on celebs like Lucy Liu. Olivia shades in Caramel, $295 at kaytran.com.

MOSSIMO BLACK BLAZER — a figure-flattering jacket with waist-nipping black accents, available in sizes that range from XS to XL. $39.95 at Target.

VICTORIA'S SECRET SATIN KIMONO — a slinky, mid-thigh paisley wrap and perfect complement to a bath-and-body treat from the Victoria's Secret spa gift guide. $52 at Victoria's Secret.

ROOTS MADAME BAG — a soft, structured shape in beautiful Italian leather and a chic neutral palette, with a cross-body detachable strap. $318 at Roots and roots.com.

ADDITION-ELLE SANDALS — so right for warm weather, green braided wedges for the shoe lovers. $59.99 at Addition-Elle.

NIKE FREE 5.0 TRAINERS — high-tech, lightweight and flexible footwear in super fun colours to put pep in your step. $139 at Nike, Footlocker, and Sportchek.

– Janine Falcon

TRISTAN STRAW CLUTCH — a snappy, cheerful and compact companion for brunch, weddings, parties ... anything. $45, Tristan stores and tristanstyle.com.

JOE FRESH STRAW HAT — a generous floppy brim shelters your face and décolleté and looks street-chic fabulous, too. $14 at Joe Fresh.

BROOKS BROTHERS SILK TIE STRIPE BELT — colourful silk twill with a calfskin-covered buckle and antique brass-plated hardware. $52 at Brooks Brothers.

1. Victoria's Secret Satin Kimono, $52 at Victoria's Secret.
2. Banana Republic Bold Gem Necklace, $74 at Banana Republic and bananarepublic.ca.
3. Joe Fresh Straw Hat, $14 at Joe Fresh.
4. Addition-Elle Sandals, $59.99 at Addition-Elle.
5. Roots Madame Bag, $318 at Roots and roots.com.

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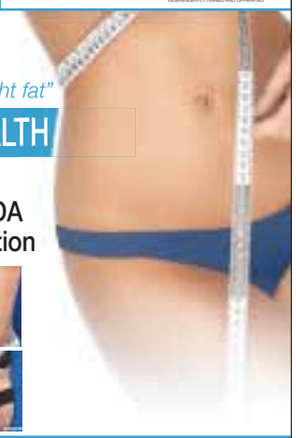

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4 SPORTS

MLB

Romero sent back down to minor leagues

The Toronto Blue Jays have sent left-hander Ricky Romero to triple-A Buffalo and designated right-hander Edgar Gonzalez for assignment.

Romero lasted just 1/3 of an inning as Toronto dropped a 10-4 decision at Tampa Bay on Wednesday night.

Romero, who gave up three run-scoring singles in the defeat, lost his rotation spot after a poor spring training and remained in Florida when the season began to work on mechanics. He was called up earlier this month when right-hander Josh Johnson went on the 15-day disabled list.

Also Thursday, the Blue Jays selected the contracts of right-handers Ramon Ortiz and Mickey Storey from the Bisons.

THE CANADIAN PRESS

Court battle

Kobe argues he didn't authorize sale of mementos

Kobe Bryant says in a court filing that he never gave his mother permission to sell mementos from his high school days and early professional basketball career.

Bryant is in a court battle over whether hundreds of items can be auctioned off.

Pamela Bryant says the NBA star told her the memorabilia was hers. She arranged earlier this year to auction it off through Berlin, N.J.-based Goldin Auctions and received a $450,000 advance.

THE ASSOCIATED PRESS

Ryan Getzlaf celebrates scoring on the Red Wings with Ducks teammates Toni Lydman, left, and Kyle Palmieri on May 2 in Anaheim. HARRY HOW/GETTY IMAGES

Getzlaf leading flock by example

NHL playoffs. Ducks captain scoring clutch goals in opening round against Red Wings

Ryan Getzlaf has been dominant when the Anaheim Ducks have needed their captain most, scoring clutch goals in two of their three wins.

"Isn't that what he's supposed to do?" coach Bruce Boudreau asked after his team arrived Thursday night in Detroit. "Your best player is supposed to be your best player."

It hasn't worked out that way so far for the Detroit Red Wings and their captain, putting them on the brink of elimination at home in Game 6 of their first-round series against Anaheim.

Zetterberg hasn't scored in the playoffs in nearly 13 months. He has gone a career-high seven post-season games without a goal dating to last year's first-round setback against Nashville.

"You want to be on the scoresheet," Zetterberg said. "All you can do is continue to work hard, keep putting pucks on the net, and hopefully one or two will sneak by the goalie."

Leading point-getter

Ryan Getzlaf had a team-high 49 points in 44 games during the lockout-shortened season after slipping to third on the team in scoring last season.

Two of Getzlaf's three goals — a total that puts him among NHL leaders — helped lift the Ducks to leads in the series.

The Regina native had a short-handed goal midway through the third period of Game 3 to give Anaheim a two-goal lead in a game it won 4-0 to go ahead 2-1 in the series. He pulled the Ducks into a 2-2 tie with 31 seconds left in Game 5, helping them extend a game they took 3-2 in overtime to go ahead 3-2 in the best-of-seven matchup.

Getzlaf said the Ducks plan to match the desperation Detroit will have, hoping to avoid playing an up-for-grabs Game 7 back in Anaheim.

"We've worked really hard throughout the year to know what to do in these situations," he said. "We're excited about trying to get that win here in Detroit."

THE ASSOCIATED PRESS

NHL. Makeover in store for Canucks, GM says

Vancouver Canucks general manager Mike Gillis says it's time to reset the organization.

He held a season-ending media availability Thursday after the Canucks were swept by the San Jose Sharks in their Western Conference quarter-final.

Gillis says he plans to review every element of the organization — including the performance of head coach Alain Vigneault — before any decisions are made.

Quoted

"When I look at every other team, this was such a messed up season from start to finish."

Canucks GM Mike Gillis

Gillis also says it's unlikely that veteran goaltender Roberto Luongo will be with the team next fall. THE CANADIAN PRESS

NHL playoffs

Sens dispatch Habs; move on to second round

The Ottawa Senators are moving on to the second round of NHL playoffs.

Craig Anderson made 33 saves and Cory Conacher scored twice on a shaky Peter Budaj as the Senators downed the Montreal Canadiens 6-1 on Thursday.

Ottawa won the best-of-seven Eastern Conference quarter-final 4-1.

THE CANADIAN PRESS

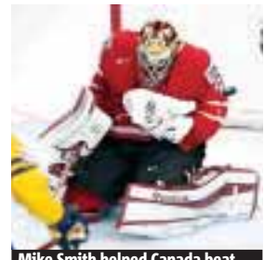
World championship. Canada blanks Sweden

Canada's Mike Smith earned his first win of the world hockey championship with a 33-save performance as Canada blanked host Sweden 3-0 Thursday.

Smith, who plays for Phoenix in the NHL, was at his best in the third period with 17 saves.

Steven Stamkos, Luke Schenn and Jordan Staal scored for Canada. Matt Read contributed two assists.

THE CANADIAN PRESS



Mike Smith helped Canada beat Sweden 3-0 on Thursday.

JACQUES BOISSINOT/THE CANADIAN PRESS

All four series tied up in Round 2 of playoffs

Underdogs. Four lower-seeded teams on even footing with four of NBA's top five winningest clubs

Warriors guard Stephen Curry drives past Tim Duncan of the Spurs during Golden State's Game 2 win on Wednesday night in San Antonio, Texas. RONALD MARTINEZ/GETTY IMAGES

Parity has struck the NBA playoffs, where the conference semifinals are all fit to be tied.

The four current series are all knotted at one game apiece — the first time that's happened in the second round of the NBA playoffs since the league went to its current format more than a quarter-century ago. For favourites like Miami, New York, San Antonio and Oklahoma City, home-court advantage has disappeared, and now it's the underdogs who can control their own fates simply by taking care of business on their home floors.

A wild weekend is ahead, without question.

The Heat, Knicks, Spurs and Thunder are four of the league's top five winningest road teams this season. That probably isn't being received as great news for Chicago, Indiana, Golden State and Memphis, the lower-seeded clubs who will be hosting pivotal Game 3s when NBA playoff action resumes on Friday and Saturday.

"Pretty cool. The NBA's loving it," Heat forward LeBron James said. "When it comes to the playoffs, I always continue to say no matter how many games you win or lose in the regular season, once you get to the playoffs everybody's record is 0-0. So I think it's great. I think it's great for our fans, I think it's great for the competition that every series is tied 1-1."

After a first round with only two sweeps — by Miami and San Antonio, the top seeds in the Eastern and Western Conferences — the tone for the second round was set pretty quickly around the league. Miami lost Game 1 at home to a wounded and weary team from Chicago. San Antonio needed a huge comeback to beat Golden State in Game 1 of their series, then saw the Warriors simply come back and take Game 2. THE ASSOCIATED PRESS

MLB

Nationals hang on to sweep Tigers

Dan Haren of the Nationals pitches in the second inning against the Tigers on Thursday in Washington, D.C. GETTY IMAGES

Ryan Mattheus, Drew Storen and Rafael Soriano combined for shutout relief after Dan Haren nearly squandered a four-run lead, and the Washington Nationals beat the Detroit Tigers 5-4 Thursday to complete a two-game sweep of the AL champions.

Adam LaRoche singled in the first and second innings for his first consecutive multi-hit games this season, helping the Nationals to their first four-game winning streak of the year. Ryan Zimmerman, in a 2-for-14 slide coming in, had three hits. Bryce Harper hit an RBI groundout in the first following Denard Span's leadoff double, and Harper came home from second when LaRoche singled and centre-fielder Austin Jackson let the ball get past him for an error. Ian Desmond followed with a run-scoring single for a 3-1 lead.

Tigers pitcher Doug Fister (4-1) had an RBI single in the second off Haren (4-3), but the Nationals made it 5-1 in the bottom half on consecutive run-scoring singles by Zimmerman and LaRoche.

Washington's three relievers had identical lines, each giving up a hit and striking out a batter in an inning. Soriano converted his 12th save in 13 chances, retiring Prince Fielder on a game-ending flyout to the centre field warning track with a man on.

Detroit had entered with nine wins in 10 games only to get swept for the first time since losing three games at the Los Angeles Angels from April 19-21. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
The planets suggest you will find yourself at odds with the accepted way of doing things today. Even if it causes you financial hardship, you will fight on the side of what you believe is right. Good for you.

♉ Taurus
April 21 - May 21
Today's solar eclipse in your birth sign means you can't put off what needs to be done. What you start over the next 24 hours will pay dividends for the next 24 months!

♊ Gemini
May 22 - June 21
You will need to make some difficult decisions today. The important thing is that once you have decided on a certain course of action, you see it through to the end.

♋ Cancer
June 22 - July 23
There are so many opportunities in your life right now that you may find it hard to decide what to do first. But decide you must, and quickly. The last thing you need now is to be trapped by indecision.

♌ Leo
July 24 - Aug. 23
Today's solar eclipse means a new start in your career or vocation is not just possible but desirable too. If your present position does not satisfy you, now is the time for a change.

♍ Virgo
Aug. 24 - Sept. 23
Your life will change for the better over the next few days. What matters even more though is that your attitude is changing: You no longer attach so much importance to things of a material nature. Good.

♎ Libra
Sept. 24 - Oct. 23
Most things change slowly but occasionally you get the chance to change things quickly and today's eclipse makes this the ideal time to make a quantum leap. Change your outlook and your world.

♏ Scorpio
Oct. 24 - Nov. 22
If a relationship has been going through a tough time of late then today's eclipse will bring matters to a head. A new start is possible but you both have got to want it.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the work and wellbeing area of your chart suggests you are thinking of changing your daily routine, maybe in quite dramatic ways. And why not? Change is good.

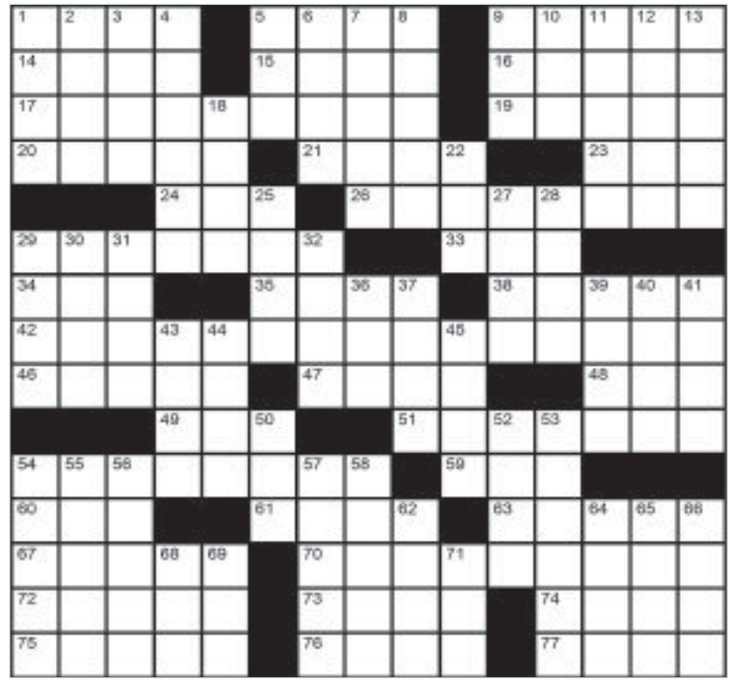
♑ Capricorn
Dec. 22 - Jan. 20
You should be having the time of your life right now and if that is not the case, it can only be because you are letting the past hold you back. Today's eclipse urges you to be bold.

♒ Aquarius
Jan. 21 - Feb. 19
Do not, repeat not, interfere in other people's private affairs today — and don't let other people interfere in your private matters either. You may think you know best, and maybe you do, but it won't change a thing.

♓ Pisces
Feb. 20 - March 20
Life has been a bit predictable of late but as from today things should get a lot more interesting. If you have not yet made any social plans for the next few days then make them now. SALLY BROMPTON

Crossword: Canada Across and Down

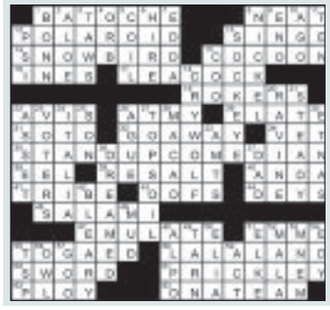
BY KELLY ANN BUCHANAN



Across
1. "En garde!" blade
5. Cartoonist, Al __
9. Big divide
14. __ Strauss & Co.
15. Churchyard = God's __
16. Cheap Trick's "I Want __ Want Me": 2 wds.
17. The Band's "Acadian __"
19. Mount in the Yukon, Canada's highest
20. Syllable-singing system
21. Prod
23. Annoy
24. __. number
26. "The Great Gatsby" (2013) extras
29. Canadian star of "Castle", Nathan __
33. City of Brazil, with Paulo
34. Time period
35. Shreds
38. Prefix with 'red'
42. "The Great Gatsby" (2013) setting: 2 wds.
46. Wayne Newton, __. __ Vegas
47. Cart along
48. Hawaiian ornamentation
49. By way of
51. Green Gables character
54. Greg __, Premier of Manitoba
59. Vertical opposite [abbr.]
60. Diminutive suffix
61. ___ day
63. Cold shoulder it
67. Barenaked Ladies song: "__ Me"
70. William and Kate, Duke and Duchess of __
72. Toronto-born magician/skeptic, The Amazing __
73. 'Y' of YSL
74. Zippo
75. Up to now: 2 wds.
76. 'Pleisto' suffix (Geological epoch)
77. Hold

Down
1. Antiquities
2. But: Spanish
3. Malefic
4. __ Tower
5. Canuck priv. sector union
6. _ __ in the wheel
7. Non-believer's need
8. Bike part
9. Four-__. engine
10. Owl's question?
11. The Adventures of __ March (Saul Bellow novel)
12. "War" singer Edwin
13. Some scribes
18. Cab
22. Volkswagen slogan, __ Auto.
25. Natalie Imbruglia hit
27. Hurt
28. Bridge: French
29. George Orwell's Animal __
30. Composer Mr. Stravinsky
31. Loyal, to a Scot
32. Poetically approaching
36. School org.
37. Part of a triathlon has to be what?
39. Satiate
40. Careen
41. Largest continent
43. Sitarist, __ Shankar
44. "The cheque __ the mail.": 2 wds.
45. Valley where David slew Goliath
50. In the past
52. Lion's call!
53. Saint John, NB's __ Oil
54. Prefix meaning 'Above'
55. Saint __ Mountains (Range for #19-Across)
56. Rocker Mr. Kravitz
57. Britannica, e.g.
58. Steal, archaically
62. Good-bye to God
64. Scent, States-style
65. Tip to 'tion' (Car's key spot)
66. Rock's __ Purple
68. In-a-row letters
69. Chart-topper
71. Mad Cow Disease letters

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	7	1	8	6	4	3	5	2
4	6	8	5	2	3	9	1	7
2	3	5	1	9	7	6	4	8
5	4	7	9	1	6	8	2	3
1	9	3	2	7	8	4	6	5
8	2	6	4	3	5	1	7	9
7	8	4	6	5	9	2	3	1
6	5	2	3	8	1	7	9	4
3	1	9	7	4	2	5	8	6

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GIVING KIDS A SPORTING CHANCE IN REGINA

With the venerable Canadian penny on its way out, the 50 members of the Chinook District School Division staff started a friendly challenge: They held a contest to see who could fill the jars on their desks with the most pennies.

"We decided to call it a 'penny war' because it was a serious competition," says Jackie Wiebe, one of the organizers of the fundraiser. "We chose Canadian Tire Jumpstart because children's causes are very dear to our hearts."

When the contest ended on Valentine's Day, the staff had raised $152.85. The lucky winner won a free pizza meal for their class.

Canadian Tire Swift Current Dealer Michel Deguire says it won't take long for those pennies to make a big difference. All local donations to Jumpstart stay in Swift Current, and for every dollar that is donated locally, Michel will most likely match it. The donation amount quickly doubled, which made it enough to ensure that several kids from the Swift Current community could participate in their favourite sport this year.

"The average request for support we get is around $100," says Deguire, "so the money raised by the Chinook School Division will go a long way…. every penny counts!"

JUMPSTART DAY EVENTS

Saturday, May 25, is Jumpstart Day. Many Canadian Tire Retail stores across Canada are planning fun activities to help raise money for their local community, such as charity barbeques, GoClean waterless car washes, and other fun games. Visit your local Canadian Tire store on May 25 to help kids in your local community "get in the game."

help change it all.
anadian Tire, Sport Chek, Mark's
ed ball in exchange for a $2 donation.
a or call 1-877-616-6600
lp all kids play

IN 2012,
$320,563
WAS INVESTED IN
SASKATCHEWAN TO GIVE KIDS
A SPORTING CHANCE

Jumpstart

CANADIAN TIRE JUMPSTART HELPS KIDS REALIZE THEIR SPORTING DREAMS

What kid doesn't love to swim, dance or play soccer, basketball, baseball or hockey? Not only are those activities fun, but research also shows that physical activity and access to sports for children leads to increased self esteem, strong leadership skills and improved school performance.

The reality is that one in three Canadian families can't afford to enrol their sons and daughters in sport and recreational programs. That's where Canadian Tire Jumpstart comes in. The national charitable program is making a real difference in the lives of young kids from age four to 18, and its annual May Red Ball Campaign contributes to those efforts. The campaign's slogan, "Together we can help all kids play," couldn't be more apt.

In return for a $2 donation at any Canadian Tire Retail, Sport Chek, Atmosphere, Mark's or Canadian Tire Gas+ store, customers will receive a mini red volleyball or soccer ball throughout May. One hundred per cent of donations go directly to help deserving kids in each store's community participate in organized sport and recreation.

Since Canadian Tire Jumpstart launched in 2005, it has helped more than 570,000 (and counting) kids take part in 73 different activities. "Our vision is more than getting children involved in sports and recreation—it's to have a country where all kids have a chance to fulfill their dreams," says Johnny Misley, the President of Canadian Tire Jumpstart Charities.

Jumpstart is unique in its ability to work in every community across Canada, with 332 local chapters built on the support from volunteers. These chapters work closely with more than 2,600 community partners to identify families with financial needs whose children would benefit from the programs. Jumpstart Ambassador and Olympic gold medalist Rosie MacLennan explains, "there are so many benefits to participating in sports, from gaining social skills to building great friendships. All kids should have this opportunity, which is why I believe in the power of Jumpstart."

This year Jumpstart is proud to welcome Sport Chek and Atmosphere stores, to the family. Since these two banners came on board in January, they have raised more than $550,000 alone. Also, again this year we have support from a partner beyond the enterprise family Pita Pit who will also be offering Jumpstart red balls in exchange for a $2 donation.

"We're giving children the chance to learn life skills, create lasting friendships and fulfill their dreams," says Misley. "That's the power of sport."

For more information, visit jumpstart.canadiantire.ca or call 1-877-616-6600.

A little red ball can

Donate $2 today. Visit your local C
or Atmosphere store to receive a Jumpstart r
Visit jumpstart.canadiantire.c

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Together we can help all kids play

1 in 3 Canadian families can't afford to enrol their kids in organized sport and recreation. You can help change that.
Visit jumpstart.canadiantire.ca or call 1-877-616-6600

Jumpstart